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# EXTRACURRICULAR ACTIVITIES CALENDAR 2026 - 2027

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Extracurricular activities in St Caimin's Community School aim to support student wellbeing and create positive experiences.

These activities in part ensure that each person within the school community can enjoy developing to the fullest, while feeling cared for and safe.

Involvement in extracurricular activities builds teamwork, communication, relationships, and a sense of belonging, all of which help students to develop socially and emotionally.

Participation in extracurricular activities demonstrates the importance of being part of a community. Involvement in such groups also have shown been linked to

- Developing the ability to manage oneself
- Increase time management skills
- Increased confidence
- Increased academic performance
- Physical health gains



## Extra-curricular Activities 2026 – 2027



|                     | Monday                                                                                                                                                | Tuesday                                                                                                                                                                               | Wednesday                                                                                                                                                                                                                                                       | Thursday                                                                                                                                                                                     | Friday                                                                                                       |
|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| <b>Morning</b>      | <b>8.20 – 8.55:</b><br>Breakfast club (room 140)<br>Homework (room 157)                                                                               | <b>8.20 – 8.55:</b><br>Breakfast club (room 140)<br>Homework (room 157)                                                                                                               | <b>8.20 – 8.55:</b><br>Breakfast club (room 140)<br>Homework (room 157)                                                                                                                                                                                         | <b>8.20 – 8.55:</b><br>Breakfast club (room 140)<br>Homework (room 157)                                                                                                                      | <b>8.20 – 8.55:</b><br>Breakfast club (room 140)<br>Homework (room 157)                                      |
| <b>Lunchtime</b>    | <b>1.15 – 2.00:</b> <ul style="list-style-type: none"> <li>Games Club (room 205)</li> <li>1<sup>st</sup> and 2<sup>nd</sup> Girls Football</li> </ul> | <b>1.15 – 2.00:</b> <ul style="list-style-type: none"> <li>Trad. Group (room 152)</li> <li>Library Open</li> <li>SVP room (156a)</li> </ul>                                           | <b>1.15 – 2.00:</b> <ul style="list-style-type: none"> <li>Games club (room 205)</li> <li>Junior and Senior Football (girls)</li> <li>Junior SVP (room 156 A)</li> <li>Library Open</li> </ul>                                                                  | <b>1.15 – 2.00:</b> <ul style="list-style-type: none"> <li>Games Club (room 205)</li> <li>Art Club/Junk Kouture (Room 141)</li> <li>Boys Basketball</li> <li>Library Open</li> </ul>         | <b>1.15 – 2.00:</b> <ul style="list-style-type: none"> <li>Games club (room 205)</li> <li>Camogie</li> </ul> |
| <b>After School</b> | <b>4.10 – 5.00:</b> <ul style="list-style-type: none"> <li>Homework club (126)</li> <li>Junior and Senior Camogie</li> </ul>                          | <b>4.10 – 5.00:</b> <ul style="list-style-type: none"> <li>Homework club (126)</li> <li>Boys Basketball</li> <li>Boys' rugby</li> <li>Senior and U17 Hurling (Wolfe Tones)</li> </ul> | <b>3.30 – 4.30:</b> <ul style="list-style-type: none"> <li>Homework club (126)</li> <li>Junior and Senior girls' soccer</li> <li>1<sup>st</sup> Year, Under 15, Senior Hurling</li> <li>Junior and Senior Football (boys)</li> <li>Girls' basketball</li> </ul> | <b>3.30 – 4.30:</b> <ul style="list-style-type: none"> <li>Homework club (126)</li> <li>Junior and Senior Camogie</li> <li>Boys' basketball</li> <li>Senior and U 17 Boys Hurling</li> </ul> |                         |

**More Information:**

| Name of Activity                    | Description of general activities of club                                                                                                                                                                                                                                                                                                                                    | When and where do the club meet                                                                                                                                      | Who should be contacted if students want to join                     |
|-------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|
| <b>Breakfast Club</b>               | THE BREAKFAST CLUB - A GENTLE START TO YOUR DAY-OPEN TO ALL<br>Every morning Monday to Friday from 8.15 to 8.45 a few teachers host the breakfast club with assistance from some students. This facility is in Room 143, the Home Ec room. Everyone is welcome. It is a lovely opportunity to meet up with others, have a cup of tea or juice and toast and a pleasant chat. | Room 143 every morning                                                                                                                                               | Open to all                                                          |
| <b>Games at lunchtime Club</b>      | Runs at lunchtimes in 205. Open to everyone, operates a 'Leave no Trace' policy. Students clean up after themselves.                                                                                                                                                                                                                                                         | Lunchtimes                                                                                                                                                           | Ms McDonnell                                                         |
| <b>Homework Club</b>                | An invitation to the homework club is extended through the year head and homework club facilitators to students from 1st to 3rd year.                                                                                                                                                                                                                                        | After school Monday to Thursday - room 126 (90 minutes)                                                                                                              | Mr Nolan                                                             |
| <b>Environmental Club</b>           | Online Team, all year groups                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                      | Ms McDonnell                                                         |
| <b>Traditional Music Group</b>      | Traditional Group is open to aspiring musicians hoping to develop their skills in Irish Traditional Music. You will get the opportunity to learn new tunes in a fun and positive environment and perform at various events throughout the year.                                                                                                                              | Music Room (Room 152) at lunch times on Tuesdays.                                                                                                                    | Ms Killeen<br>Ms Fahey                                               |
| <b>Meitheal Mentoring Programme</b> | 1 <sup>st</sup> year induction programme for incoming students to the school. Open to Senior students who self-nominate for the position in March of each year.                                                                                                                                                                                                              | Training takes place in May and August.<br>Induction Days in August/ September                                                                                       | Ms. Roche                                                            |
| <b>Senior Camogie</b>               | Competing in both Munster and Clare competitions.<br>S&C Training.<br>Bonding activities.                                                                                                                                                                                                                                                                                    | Trainings after school or lunches depending on matches.<br><br>Training after school Monday and Thursday.                                                            | Ms O Leary<br>Ms O Loughlin<br>Ms O Connell<br>Ms Phelan<br>Ms Morey |
| <b>Junior Camogie</b>               | Competing in both Munster and Clare competitions.<br>Internal League.<br>Munster 7s Competition.<br>S&C training.<br>Bonding activities.                                                                                                                                                                                                                                     | Trainings after school or lunches depending on matches<br><br>First Year training: lunchtime on Friday<br>Junior & Senior Training: after school Monday and Thursday | Ms O Leary<br>Ms O Loughlin<br>Ms O Connell<br>Ms Phelan<br>Ms Morey |

| Name of Activity        | Description of general activities of club                                                                                 | When and where do the club meet                                                                                                          | Who should be contacted if students want to join                               |
|-------------------------|---------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| <b>Junior Soccer</b>    | Competing in both Clare and Munster Competitions. Training is after school.                                               | Training can be on the school pitches or in the PE hall.<br><br>Girls training: After school on Wednesdays                               | <b>Boys:</b><br>Mr O'Brien<br><br><b>Girls:</b><br>Mr. Corbett<br>Ms. Counihan |
| <b>Senior Soccer</b>    | Competing in both Clare and Munster Competitions. Training is after school.                                               | Training can be on the school pitches or in the PE hall.<br><br>Girls training: After school on Wednesdays                               | <b>Boys:</b><br>Mr O'Brien<br><br><b>Girls:</b><br>Mr. Corbett<br>Ms. Counihan |
| <b>1st Year Hurling</b> | Competing in Blitz competitions throughout the year. Training can be after school or lunch while competitions are active. | Training takes place after school on Mondays and Wednesdays. It can be on the school pitches, in the PE hall or in the school gym.       | Mr Cunningham<br>Mr Corry                                                      |
| <b>Under 15 Hurling</b> | Competing in both Clare and Munster Competitions. Training can be after school or lunch while competitions are active.    | Training can be on the school pitches, in the PE hall or Strength and Conditioning sessions in the school gym. After school on Wednesday | Mr Corry<br>Mr Cunningham                                                      |
| <b>Under 17 Hurling</b> | Competing in both Clare and Munster Competitions. Training can be after school or lunch while competitions are active.    | Training happens after school on Thursday, and it can be on the school pitches, in the PE hall or in the school gym.                     | Mr Corry<br>Mr Corry                                                           |
| <b>Senior Hurling</b>   | Competing in both Clare and Munster Competitions. Training can be after school or lunch while competitions are active.    | Training happens after school on Thursday, and it can be on the school pitches, in the PE hall or in the school gym.                     | Mr McDermott<br>Mr Corry                                                       |

| Name of Activity                     | Description of general activities of club                                                                                                                                                                                                                           | When and where do the club meet                                                                                                                                                                           | Who should be contacted if students want to join                                                                                              |
|--------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Junior Football</b>               | Competing in both Clare and Munster Competitions. Training can be after school or lunch while competitions are active.                                                                                                                                              | <p>Training can be on the school pitches, in the PE hall or in the school gym.</p> <p>Boys training: Wednesdays after school (subject to change)</p> <p>Girls training is at lunchtime on Wednesdays.</p> | <p><b>Boys:</b><br/>Mr. Coughlan<br/>Mr. Aherne<br/>Mr McMahon<br/>Mr. Quealy</p> <p><b>Girls:</b><br/>Ms Beirne<br/>Mr Keane<br/>Ms Hill</p> |
| <b>Senior Football</b>               | Competing in both Clare and Munster Competitions. Training can be after school or lunch while competitions are active.                                                                                                                                              | <p>Training can be on the school pitches, in the PE hall or in the school gym.</p> <p>Girls training is at lunchtime on Wednesdays.</p>                                                                   | <p><b>Boys:</b><br/>Mr. Coughlan<br/>Mr. Aherne<br/>Mr. McMahon</p> <p><b>Girls:</b><br/>Ms Beirne<br/>Ms Hill</p>                            |
| <b>Student Blog</b>                  | Online articles are submitted and published to the blog regularly. These can vary from something topical in the news, a poem, a movie review etc.                                                                                                                   | Ongoing throughout the Year.                                                                                                                                                                              | Ms. O'Brien                                                                                                                                   |
| <b>TY News Reporting and Podcast</b> | Team of TY students who attend school events throughout the year and report back for posting on social media. The team is trained as part of the GAA Future Leaders Sports Journalism Module and work in pairs to report on events through reports and photography. | Ongoing throughout the Year.                                                                                                                                                                              | Mr McDermott<br>Ms Hill                                                                                                                       |
| <b>Golf</b>                          | <p>Junior and Senior golf teams compete each year in a Munster competition.</p> <p>Every May we hold a Caimin's golf tournament in Shannon GC.</p>                                                                                                                  |                                                                                                                                                                                                           | Ms. O'Brien                                                                                                                                   |
| <b>School Choir</b>                  | Open to all students, our school choir has the opportunity to perform at school concerts, Carrigoran House, the local community at various events throughout the year.                                                                                              |                                                                                                                                                                                                           | Ms Fahy<br>Ms Killeen                                                                                                                         |
| <b>An Gaisce</b>                     | Gaisce Awards are non-competitive and completed in TY: participants choose their own activities, goals and projects for 13 / 26 weeks                                                                                                                               | TY                                                                                                                                                                                                        | TY Co-Ordinator                                                                                                                               |
| <b>LGBT+ Group</b>                   | A safe, non-judgemental space for people to chat over lunches. Don't have to identify with the LGBT+, can come to learn more about the experiences of others.                                                                                                       | Lunch times (notice posted on a Team)                                                                                                                                                                     | Ms Guinnane<br>Ms Morey                                                                                                                       |
| Name of Activity                     | Description of general activities of club                                                                                                                                                                                                                           | When and where do the club meet                                                                                                                                                                           | Who should be contacted if                                                                                                                    |

|                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                           | students want to join                                |
|--------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|------------------------------------------------------|
| <b>Junior SVP</b>              | A group of students who wish to make a difference to the lives of others. They are involved in social justice projects within the community, visit the residents of Carrigoran Nursing Home, raise vital funds for Local branches of SVP and other organisations. They host coffee mornings for senior citizens in Shannon, engage in food and toy appeals and they engage in creative ways of showing kindness within the school and beyond. They attend the Regional Young SVP Youth Day each year. | Every Wednesday at lunchtime in room 156a. Open to all year groups.                       | Ms Guinnane                                          |
| <b>Girls Active Club</b>       | First year girls programme to encourage girls to get involved in non-competitive exercise while developing relationships and confidence. There is also an end-of-year trip.                                                                                                                                                                                                                                                                                                                           | Fridays at lunchtime in a 6 week block.                                                   | Ms O'Leary<br>Ms Morey<br>Ms Beirne<br>Ms O'Loughlin |
| <b>Art Club / Junk Kouture</b> | Open to all year groups. Art skills shared and art topics discussed weekly.                                                                                                                                                                                                                                                                                                                                                                                                                           | Every second Thursday at 1.30                                                             | Ms Masterson                                         |
| <b>Photography Club</b>        | Open to all year groups. Photography task given each week, group discussion and tips in every meeting.<br>No camera required – just your phone.                                                                                                                                                                                                                                                                                                                                                       | 1.30 on Monday in the Art room                                                            | Ms Masterson                                         |
| <b>Junior Basketball</b>       | Basketball for First, Second and Third Year boys and girls.                                                                                                                                                                                                                                                                                                                                                                                                                                           | Girl's training: After school on Wednesday<br><br>Boys training: After school on Thursday | Ms Byrne<br>Ms O'Loughlin<br>Ms Watson               |
| <b>Boys Rugby</b>              | Competing in both Clare and Munster Competitions. Training can be after school or lunch while competitions are active.                                                                                                                                                                                                                                                                                                                                                                                | Wednesdays                                                                                | Mr Larkin                                            |